Easy_EnglishPassage_1002
Health is the Greatest Wealth

Words: 810, Characters: 4845 **LEVEL: EASY**

Health is the greatest wealth of human life because without good health no person 81
can enjoy happiness or achieve success fitness is not only about looking good but also 168
about feeling energetic active and positive in daily life when we wake up early in the 255
morning and give some time to physical exercise our body feels light and our mind 337
becomes fresh regular habits like walking running yoga or simple stretching help to 421
improve blood circulation and keep the muscles strong many doctors also advise that 505
thirty minutes of daily exercise is enough to maintain good fitness apart from exercise 593
healthy food is also very important for example eating fruits vegetables grains and 677
drinking enough water gives the body essential vitamins and minerals while avoiding 761
junk food oily snacks and too much sugar protects us from diseases good sleep is 842
another part of fitness because if we do not sleep at least seven to eight hours daily 929
our body and brain cannot work properly students professionals and even elders must 1013
follow this rule for better concentration and productivity health also includes mental 1100
fitness which means keeping the mind free from stress negative thoughts and 1176
unnecessary worries reading good books listening to music or spending time with 1256
family are some simple ways to maintain mental balance in modern life people are 1337
becoming careless about health due to busy schedules fast food and irregular lifestyle 1424
this results in problems like obesity diabetes heart disease and weak immunity that is 1511
why awareness about fitness is increasing all over the world sports and outdoor 1591
games are also great ways to stay healthy because they combine fun with exercise 1672
when children play football cricket or badminton they not only enjoy but also develop 1758
strong bones flexibility and team spirit adults should also try to play some outdoor 1843
games or at least walk in the park daily good health is not a one time achievement it 1929
is a continuous process which requires discipline and regular effort if a person takes 2016
care of health from young age then he will enjoy an active and long life even in old 2101
age history shows that many successful people always gave importance to health 2180
along with their career because they knew that without fitness it is impossible to work 2268
hard and achieve big goals so health and fitness should be the first priority for every 2356
human being because it makes life meaningful happy and successful Health is the 2436
greatest wealth of human life because without good health no person can enjoy 2514
happiness or achieve success fitness is not only about looking good but also about 2597
feeling energetic active and positive in daily life when we wake up early in the 2678
morning and give some time to physical exercise our body feels light and our mind 2760
becomes fresh regular habits like walking running yoga or simple stretching help to 2844

improve blood circulation and keep the muscles strong many doctors also advise that 2928
thirty minutes of daily exercise is enough to maintain good fitness apart from exercise 3016
healthy food is also very important for example eating fruits vegetables grains and 3100
drinking enough water gives the body essential vitamins and minerals while avoiding 3184
junk food oily snacks and too much sugar protects us from diseases good sleep is 3265
another part of fitness because if we do not sleep at least seven to eight hours daily 3352
our body and brain cannot work properly students professionals and even elders must 3436
follow this rule for better concentration and productivity health also includes mental 3523
fitness which means keeping the mind free from stress negative thoughts and 3599
unnecessary worries reading good books listening to music or spending time with 3679
family are some simple ways to maintain mental balance in modern life people are 3760
becoming careless about health due to busy schedules fast food and irregular lifestyle 3847
this results in problems like obesity diabetes heart disease and weak immunity that is 3934
why awareness about fitness is increasing all over the world sports and outdoor 4014
games are also great ways to stay healthy because they combine fun with exercise 4095
when children play football cricket or badminton they not only enjoy but also develop 4181
strong bones flexibility and team spirit adults should also try to play some outdoor 4266
games or at least walk in the park daily good health is not a one time achievement it 4352
is a continuous process which requires discipline and regular effort if a person takes 4439
care of health from young age then he will enjoy an active and long life even in old 4524
age history shows that many successful people always gave importance to health 4603
along with their career because they knew that without fitness it is impossible to work 4691
hard and achieve big goals so health and fitness should be the first priority for every 4779
human being because it makes life meaningful happy and successful 4845